

**Patent Claims**

1. A method of protecting the skin of a person from UV rays, ageing under the effect of UV rays and/or inflammatory processes , which method comprises administering a composition containing synergistic amounts of antioxidants selected from the group comprising:
- Vitamin E
  - 10 - Beta-carotene
  - Vitamin C
  - Selenium
  - an extract of *Lycopersicum esculentum*
  - an extract of *Vitis vinifera*, and
  - 15 optionally a suitable carrier material to the said person in need thereof.
2. The method according to claim 1, wherein the composition consists of:
- 20 2 to 15 wt-% of vitamin E;
  - 0.1 to 5 wt-% of beta-carotene;
  - 20 to 60 wt-% of vitamin C;
  - 5 to 20 wt-% of selenium;
  - 5 to 20 wt-% of extract of *Lycopersicum esculentum*, and
  - 25 5 to 20 wt-% of extract of *Vitis vinifera*;
- based on the total amount of antioxidants.
3. The method according to claim 1, wherein vitamin E is used in the form of vitamin E acetate or vitamin E succinate.
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4. The method according to one of claim 1, wherein vitamin C is used in the form of the sodium salt.
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5. The method according to claim 1, wherein the carrier material is selected from the group consisting of natural

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vegetable oils, totally or partially hydrogenated vegetable oils, lecithins, plant phosphatides and natural waxes.

- 5    6.    The method according to claim 5, wherein the carrier material is selected from the group consisting of soya oil, totally or partially hydrogenated soya oil, rapeseed oil, ground nut oil, soya lecithin, soya phosphatides, egg lecithin and beeswax.
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7.    The method according to claim 1, wherein the composition is used in the form of a soft or hard gelatine capsule, tablet, film-coated tablet, suppository or in a transdermal form.
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8.    The method according to claim 1, wherein the composition consists essentially of
- 15 to 45 % by weight of antioxidants, and
  - 55 to 85 % by weight of carrier material.
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9.    The method according to claim 1, wherein the composition is administered orally or topically.
10.   The method according to claim 1, wherein the composition is administered topically with at least one organic or inorganic UV filter.
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